



MONTGOMERY COUNTY RECREATION DEPARTMENT

Fall 2006

WATER FITNESS CLASSES



Indoor Pools

Martin Luther King Pool (MLK)	301-989-1206
Montgomery Aquatic Center (MAC)	301-468-4211
Olney Swim Center (OSC)	301-570-1210
Germantown Indoor Swim Center (GISC)	240-777-6830

Contractor/Instructor

Waterworks - Sally Dimsdale	301-593-1609
Wellness Network - Linda Costello	301-924-3488
H2O Fitness - Peggy Brower	301-603-1328

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool and some outdoor pools. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

13 Sessions \$67.00

Instructor: Peggy Brower

163064	ML King SwC	9/11	M	10:00am-10:50am
163065	ML King SwC	9/13	W	10:00am-10:50am

Aqua Core Power

Aerobic workout focusing on the core, building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class. Gloves are recommended and can be purchased from the instructor.

13 Sessions \$67.00

Instructor: Peggy Brower

163165	Germantown In SwC	9/11	M	9:30am-10:20am
163170	ML King SwC	9/12	Tu	8:30am-9:20am
163166	Germantown In SwC	9/13	W	9:30am-10:20am
163171	ML King SwC	9/14	Th	8:30am-9:20am
163167	Germantown In SwC	9/15	F	9:30am-10:20am

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

10 Sessions \$53.00

Instructor: Sally Dimsdale

164077	Germantown In SwC	9/9	Sa	9:30am-10:20am
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Instructor: Network, Inc Wellness

164076	Olney SwC	9/9	Sa	9:00am-9:50am
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13 Sessions

\$67.00

Instructor: Peggy Brower

164041	ML King SwC	9/11	M	1:00pm-1:50pm
165544	Germantown In SwC	9/11	M	10:30am-11:20am
164039	ML King SwC	9/12	Tu	7:30am-8:20am
164036	ML King SwC	9/13	W	1:00pm-1:50pm
165545	Germantown In SwC	9/13	W	10:30am-11:20am
164040	ML King SwC	9/14	Th	7:30am-8:20am

Instructor: Sally Dimsdale

164042	Montgomery AqC	9/11	M	8:30am-9:20am
164047	Montgomery AqC	9/11	M	1:30pm-2:20pm
164051	Montgomery AqC	9/12	Tu	10:00am-10:50am
164054	Montgomery AqC	9/12	Tu	7:30pm-8:20pm
164048	Montgomery AqC	9/13	W	1:30pm-2:20pm
164049	Montgomery AqC	9/13	W	8:30am-9:20am
164052	Montgomery AqC	9/14	Th	10:00am-10:50am
164055	Montgomery AqC	9/14	Th	7:30pm-8:20pm
164050	Montgomery AqC	9/15	F	8:30am-9:20am
164053	Montgomery AqC	9/15	F	1:30pm-2:20pm

Instructor: Network, Inc Wellness

164063	Olney SwC	9/11	M	7:00pm-7:50pm
164066	Olney SwC	9/11	M	6:30am-7:20am
164071	Germantown In SwC	9/11	M	1:00pm-1:50pm
164037	ML King SwC	9/12	Tu	7:00pm-7:50pm
164056	Olney SwC	9/12	Tu	8:00pm-8:50pm
164057	Olney SwC	9/12	Tu	8:30am-9:20am
164061	Olney SwC	9/12	Tu	10:30am-11:20am
164069	Germantown In SwC	9/12	Tu	9:30am-10:20am
164064	Olney SwC	9/13	W	7:00pm-7:50pm
164065	Olney SwC	9/13	W	1:30pm-2:20pm
164067	Olney SwC	9/13	W	6:30am-7:20am
164072	Germantown In SwC	9/13	W	1:00pm-1:50pm
164075	Germantown In SwC	9/13	W	8:30pm-9:20pm
164038	ML King SwC	9/14	Th	7:00pm-7:50pm
164058	Olney SwC	9/14	Th	8:00pm-8:50pm
164059	Olney SwC	9/14	Th	8:30am-9:20am
164062	Olney SwC	9/14	Th	10:30am-11:20am
164070	Germantown In SwC	9/14	Th	9:30am-10:20am
164060	Olney SwC	9/15	F	6:00pm-6:50pm
164068	Olney SwC	9/15	F	1:30pm-2:20pm
164073	Germantown In SwC	9/15	F	1:00pm-1:50pm
164074	Germantown In SwC	9/11	M	7:30pm-8:20pm

Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

13 Sessions \$67.00

Instructor: Sally Dimsdale

163289	Montgomery AqC	9/11	M	9:30am-10:20am
163285	Montgomery AqC	9/12	Tu	8:30am-9:20am
163287	Montgomery AqC	9/13	W	9:30am-10:20am
163286	Montgomery AqC	9/14	Th	8:30am-9:20am
163288	Montgomery AqC	9/15	F	9:30am-10:20am

Instructor: Network, Inc Wellness

163294	Olney SwC	9/11	M	1:30pm-2:20pm
163283	ML King SwC	9/12	Tu	8:00pm-8:50pm
163290	Olney SwC	9/12	Tu	7:00pm-7:50pm
163292	Olney SwC	9/12	Tu	9:30am-10:20am
163296	Germantown In SwC	9/13	W	7:30pm-8:20pm
163284	ML King SwC	9/14	Th	8:00pm-8:50pm
163291	Olney SwC	9/14	Th	7:00pm-7:50pm
163293	Olney SwC	9/14	Th	9:30am-10:20am
163300	Germantown In SwC	9/14	Th	10:30am-11:20am

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

13 Sessions \$67.00

Instructor: Sally Dimsdale

163248	Montgomery AqC	9/11	M	11:00am-11:50am
163249	Montgomery AqC	9/13	W	11:00am-11:50am
163250	Montgomery AqC	9/15	F	11:00am-11:50am

Instructor: Network, Inc Wellness

163251	Olney SwC	9/11	M	10:00am-10:50am
163246	ML King SwC	9/12	Tu	10:30am-11:20am
163254	Germantown In SwC	9/12	Tu	11:30am-12:20pm
163252	Olney SwC	9/13	W	10:00am-10:50am
163247	ML King SwC	9/14	Th	10:30am-11:20am
163253	Olney SwC	9/15	F	10:00am-10:50am

Water Exercise

Multi-level aerobics using water resistance to increase range of motion, strengthen muscles, improve cardiovascular fitness. Not necessary to get your face wet.

13 Sessions \$67.00

Instructor: Peggy Brower

163264	ML King SwC	9/11	M	9:00am-9:50am
163270	Germantown In SwC	9/12	Tu	7:30pm-8:20pm
163265	ML King SwC	9/13	W	9:00am-9:50am
163271	Germantown In SwC	9/14	Th	7:30pm-8:20pm
163266	ML King SwC	9/15	F	9:00am-9:50am

Instructor: Sally Dimsdale

163272	Montgomery AqC	9/11	M	8:30pm-9:20pm
163273	Montgomery AqC	9/12	Tu	11:30am-12:20pm
163276	Montgomery AqC	9/12	Tu	8:30pm-9:20pm
163274	Montgomery AqC	9/13	W	8:30pm-9:20pm
163275	Montgomery AqC	9/14	Th	11:30am-12:20pm

Instructor: Network, Inc Wellness

163279	Olney SwC	9/11	M	8:00pm-8:50pm
163281	Olney SwC	9/11	M	9:00am-9:50am
163277	Olney SwC	9/13	W	9:00am-9:50am
163280	Olney SwC	9/13	W	8:00pm-8:50pm
163278	Olney SwC	9/15	F	9:00am-9:50am

Land-Based Instruction

Beginner Ball & Pilates

This is a land-based Beginner Mat Pilates for 1/2 hour and second 1/2 hour beginner ball class with weights. Focus will be on core strengthening, firming abs and glutes, and stretching. Ball and Mat are needed.

13 Sessions \$90.00

Instructor: Peggy Brower

163214	ML King SwC	9/12	Tu	10:00am-11:00am
163215	ML King SwC	9/14	Th	10:00am-11:00am

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

13 Sessions \$67.00

Instructor: Sally Dimsdale

163238	Montgomery AqC	9/12	Tu	6:30pm-7:20pm
163239	Montgomery AqC	9/14	Th	6:30pm-7:20pm
163237	Montgomery AqC	9/15	F	7:30am-8:20am

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

13 Sessions \$90.00

Instructor: Sally Dimsdale

163219	Germantown In SwC	9/9	Sa	8:30am-9:30am
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Instructor: Network, Inc Wellness

163216	Olney SwC	9/9	Sa	8:30am-9:30am
163217	Olney SwC	9/12	Tu	7:00pm-8:00pm
163218	Olney SwC	9/14	Th	7:00pm-8:00pm

RECREATION DEPARTMENT

Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name _____ First Name _____ Email _____
 Address _____ City _____ State _____ Zip _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____
 (if under 18 years) Mother's Name _____ Email _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____
 Father's Name _____ Email _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____

Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending	Grade	Activity Name	Course Number	Location	Start Date	Start Time	Fees*

*If you are a non-resident, include an additional \$10.00 per participant in the fee for each activity.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902. Total Amount Due: \$

☐ Master Card ☐ Visa Card No. _____ Expiration Date _____
 CARDHOLDER: Name (print) _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____

REGISTRATION INFORMATION

Montgomery County Recreation Department

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>.



STARline members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 69. STARline registration number is 240-777-8277.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off



Full Service in person

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 87 of Fall Guide).

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.
VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: montgomerycountymd.gov/rec.
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal and Refund Guidelines

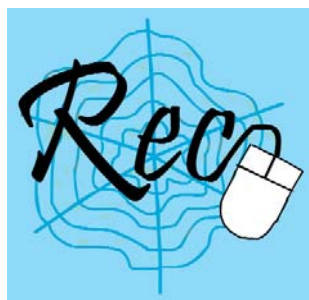
The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov OnLine: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or fewer before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. On line withdrawal not available.	\$20 Fee plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.



Internet Registration

You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to montgomerycountymd.gov and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



240-777-8277

Fast and Convenient

Just fill out and sign the form below, and return this page to our office as soon as possible. You can fax it to us at 240-777-6857. We will set up your family as STARline participants and mail you a packet that includes, easy to follow, complete instructions for registering via STARline.

FAMILY MEMBER INFORMATION FORM: Please list all family members.

Last Name	First Name	Birthdate	Grade	Sex M/F
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____

When you register for classes using STARline, payment in full must be made by Visa or Mastercard. Access to your account will be via a Personal Identification Number (PIN). This PIN will serve as your electronic signature. Your signature below is an agreement to authorize Montgomery County Department of Recreation to process your payment.

Cardholder/Parent Signature _____

Date _____

Your use of RecWeb or STARline to register for programs offered by the Recreation Department will be deemed your agreement to the following: The County assumes no liability for injuries or damages arising from the results of participation. Due to the strenuous nature of some activities, the participant is urged to consult his/her physician concerning fitness to participate. All activities present inherent risks and hazards, which the participant assumes. I hereby approve of my child's participation in this Recreation program and consent to emergency treatment for my child on my behalf. To the best of my knowledge there are no physical or other conditions, which will interfere with my child's participation. I understand that the Department may use photographs/videos taken of Recreation programs.

**For more information about RecWeb or STARline, call us at 240-777-6840.
We'll be happy to answer any questions you may have.**